

Summer Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack*	Cereal & Oranges	Hard Boiled Egg & Toast	French Toast & Strawberries	Yogurt & Cantaloupe	Banana Muffins with Blueberries
Grain Products	WW Cereal	WW Bread	WW Bread		WW muffin
Vegetables & Fruit	Oranges		Strawberries	Cantaloupe	Banana, Blueberries
Milk Products				Yogurt	
Meat & Alternatives		Egg			
Other**	Water	Water	Water	Water	Water
Lunch Meal***	Chicken Noodle Soup	Vegetable Chili	Mushroom & Ham Quiche	Mr. D's Chicken Fingers with pasta salad	Tuna Salad Sandwich
Grain Products	WW Crackers, WW Pasta	Brown Rice	Pie Crust	WW bread crumbs, pasta	WW Bread
Vegetable	Carrots, peas, onions	Peppers, Onions, Celery, Tomato, Cauliflower	Mushroom, Broccoli Florets	Cucumbers, celery, carrots, peppers,	Cucumber, peppers, onions
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Milk Products	Milk	Milk	Milk	Milk, Feta Cheese	Milk
Meat & Alternatives	Chicken	Mixed Beans	Ham, Egg	Chicken	Tuna
Other**					
Afternoon snack*	Veggies & Dip	Wraps with Veggies	Baked Pita with cheese and salsa	Cereal and Craisins	Cheese & Crackers
Grain Products	WW crackers	WW wrap	WW pita	WW Cereal	WW Crackers
Vegetables & Fruit	Seasonal Vegetables	Cucumbers, green peppers	Carrots, Salsa	Craisins & Seasonal Fruit	Tomatoes
Milk Products	Sour cream		Cheese		Cheese
Meat & Alternatives		Hummus			
Other**	Water	Water	Water	Water	Water
Total Required	Total	Total	Total	Total	Total
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	4	4	4	3	4
Milk Products (1-2)	3	1	2	1	2
Meat & Alternatives (1-2)	1	2	1	2	1

Summer Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack*	English Muffin with Cheese	Melon with cinnamon yogurt dip	Strawberry Breakfast Loaf	Overnight Oats	Pumpkin Raisin Muffins
Grain Products	WW English Muffin		WW Loaf	Oats	WW Muffin
Vegetables & Fruit		Melon	Strawberry, apple slices	Blueberries & Applesauce	Pumpkin puree, orange slices
Milk Products	Cheese	Yogurt		Yogurt	
Meat & Alternatives					
Other**	Water	Water	Water	Water	Water
Lunch Meal***	Beef and Broccoli Stir fry	Turkey Sandwiches	Tomato Soup and Salmon Salad Sandwich	Tuna Melts	Pasta with Tomato Sauce
Grain Products	Brown Rice	WW Bread	WW Bread	WW English Muffin	Pasta
Vegetable	Carrots, peas, onions, beans, broccoli	Peppers, Onions, cucumber slices	Tomato, carrots, peas, onion	Cucumbers, peppers	Spinach Salad, onions, peppers
Fruit	Pineapple	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Mandarins
Milk Products	Milk	Milk	Milk	Milk, Cheese	Milk
Meat & Alternatives	Beef	Turkey	Salmon, Lentils	Tuna	Lentils
Other**					
Afternoon snack*	Crackers and Cheese	Fruit Salad	Trail Mix	Pita & Hummus	Tomato Soup Loaf
Grain Products	WW crackers	Graham Cracker	WW cereals	WW Pita	WW Loaf
Vegetables & Fruit		Mixed Seasonal Fruit	Raisins, Apricot, Seasonal Fruit		Watermelon
Milk Products	Cheese				
Meat & Alternatives				Hummus	
Other**	Water	Water	Water	Water	Water
Total Required	Total	Total	Total	Total	Total
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	3	3	4	3	4
Milk Products (1-2)	3	2	2	1	1
Meat & Alternatives (1-2)	1	1	2	2	1

Summer Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack*	Breakfast Fruit Loaf	French Toast & Blueberries	Yogurt Parfait	Oatmeal Bars	Muffins
Grain Products	WW Loaf	WW Bread	Oats	Oats	WW Muffin
Vegetables & Fruit	Seasonal Fruit	Blueberries	Apple Slices	Orange Slices	Seasonal Fruit
Milk Products			Yogurt		
Meat & Alternatives					
Other**	Water	Water	Water	Water	Water
Lunch Meal***	Fajita Wraps	Sloppy Joes	Ham Salad Wrap	Chicken Stir fry	Meatball Subs & Pasta Salad
Grain Products	WW Wrap	WW Bun	WW Wrap	Brown Rice	WW Bun, Pasta
Vegetable	Salsa, peppers	Carrot Sticks	Peppers, cucumber, red onions	Peppers, broccoli, carrots, celery	Cucumber, peppers, carrot
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Melon	Seasonal Fruit	Seasonal Fruit
Milk Products	Milk, Cheese	Milk	Milk	Milk	Milk
Meat & Alternatives	Chicken	Beef	Ham	Chicken	Beef
Other**					
Afternoon snack*	Trail Mix	Graham Crackers & Fruit spread	Flatbread Pizza	Spinach Dip & Pita	WowButter Wraps
Grain Products	WW Cereals	Graham Cracker	WW Flatbread	WW Pita	WW Wrap
Vegetables & Fruit	Apricot, Raisins, Craisins, Watermelon	Seasonal Fruit	Pizza sauce, Tomato slice	Spinach, cucumber	Jam, Banana
Milk Products			Cheese	Sour cream	
Meat & Alternatives		Cream cheese			WowButter
Other**	Water	Water	Water	Water	Water
Total Required	Total	Total	Total	Total	Total
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	4	4	4	4	4
Milk Products (1-2)	1	2	3	2	1
Meat & Alternatives (1-2)	1	1	2	1	2

Summer Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack*	Cereal & Oranges	Blueberry Muffins	Strawberry Breakfast Loaf	English Muffins	Cheese & Crackers
Grain Products	WW Cereal	WW Muffin	Oats	WW English Muffin	WW Crackers
Vegetables & Fruit	Oranges	Seasonal Fruit, Blueberry	Strawberry, Berries	Seasonal Fruit	Sliced Apples
Milk Products					Cheese
Meat & Alternatives					
Other**	Water	Water	Water	Water	Water
Lunch Meal***	Homemade Alphaghetti	Tuna Salad Sandwich & Pasta Salad	Breakfast for Lunch	Sliders	Quesadilla
Grain Products	WW Bun, Pasta	WW Bread, Pasta	WW Pancakes	WW Bun	WW Wrap
Vegetable	Homemade Tomato sauce	Peppers, cucumbers, tomatoes	Diced potatoes	Cucumber salad, onion, dill	Salsa, tomato salad, basil, onion
Fruit	Seasonal Fruit	Seasonal Fruit	Pineapple	Seasonal Fruit	Seasonal Fruit
Milk Products	Milk	Milk	Milk	Milk, cheese	Milk, Cheese
Meat & Alternatives	Lentils	Tuna	Ham, Homemade Baked Beans	Beef	Chicken
Other**					
Afternoon snack*	Carrot Loaf	Oatmeal Raisin Bars	Cheese & Crackers	Cream Cheese Wraps	Hummus & Naan
Grain Products	WW Bars	Oats, WW Bar	WW Cracker	WW Pita	Naan Bread
Vegetables & Fruit	Seasonal Fruit, carrot	Sliced Apples, Raisins	Seasonal Fruit	Strawberries	Seasonal Veggies
Milk Products			Cheese	Cream cheese	
Meat & Alternatives					Hummus
Other**	Water	Water	Water	Water	Water
Total Required	Total	Total	Total	Total	Total
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	4	4	4	4	4
Milk Products (1-2)	1	1	2	3	1
Meat & Alternatives (1-2)	1	1	2	1	2